



Mental Health/Wellness/Crisis Resources

If you or someone you know is in crisis or in immediate danger, call 911
Adult & Child Mandated Reporting [Hotline](#): 1-855-444-3911

CRISIS RESOURCES:

Local/State MDHHS- Various Hotline Service Numbers List	National
<p>Common Ground Resource & Crisis Helpline (Available, 24/7; Free; Confidential) Call: 1-800-231-1127 Text: "Home" (741741) Chat on website Adult Mobile Crisis Support: 1-800-231-1127</p> <p>Common Ground Behavioral Health Urgent Care (Available 7 days/week- hours vary by day; Virtual Sessions) Call: (248) 983-5454</p>	<p>988 Suicide & Crisis Lifeline (Available 24/7; Free; Confidential) Call: 988 or 1-800-273-TALK (8255) Text: 988 Chat on website *Information on how calls/texts are routed to getting support</p>
<p>Oakland Community Health Network (OCHN) (Connects to Common Ground) Call: 1-800-231-1127</p> <p>Youth Mobile Crisis Team Call: 877-800-1650 Flyer</p>	<p>Veterans Crisis Line (Available 24/7; Free; Confidential) Call: 988 and Press 1 Text: 838255 Chat on website here *For Veterans, service members, National Guard and Reserve members, and those who support them.</p>
<p>Michigan Resource & Crisis Line (MiCAL) (Available 24/7; Free; Confidential) Call: 988 or 844-44-MiCAL (64225) Text: 988 Website</p>	<p>The Trevor Project Lifeline (LGBTQ+) (Available 24/7; Free; Confidential) Call: 1-866-488-7386 Text: Text 'START' to 678-678 Chat on website here</p>
<p>Non-Crisis Michigan Warmline (MiCAL) (Available 7 days/week from 10am-2am; Anonymous) Call: 1-888-PEER-753 (1-888-733-7753) *Certified peer support specialists &/or recovery coaches support</p>	<p>Trans Lifeline (Available 24/7; Free; Confidential; Anonymous) Call: 1-877 565-8860</p> <p>Trans Lifeline Family & Friends Hotline Call: 1-877-565-8860 and ask for "Family & Friends Line."</p>
<p>Michigan OK2SAY Student Safety Program (Available 24/7; Confidential) Call: 8-555-OK2SAY (855-565-2729) Text: OK2SAY (652729) Email: OK2SAY@mi.gov *Confidential Tip Line for concerns related to criminal activity/harm towards students, schools, or school employees</p>	<p>National Domestic Violence Hotline (Available 24/7; Free; Confidential) Call: 1-800-799-SAFE (7233) TTY: 1-800-787-3224 Text: Text "START" to 88788 Chat: Chat here</p>
<p>Michigan Domestic Violence Hotline (Available 24/7; Free; Confidential; Anonymous) Call: 866-VOICEDV (866-864-2338) TTY: 517-898-5533 Text: 877-861-0222 Chat: MCEDSV.org/chat</p> <p>HAVEN of Oakland County (Available 24/7; Free; Confidential) Call: 248-334-1274 or 1-877-922-1274 Toll Free TTY: 248-972-2540 *Domestic Violence/Sexual Assault Support</p>	<p>SAMHSA's National Hotline (Available 24/7; Free; Confidential) Call: 1-800-662-HELP (4357) TTY: 1-800-487-4889 Text: Text your zip code to 435748 (HELP4U) *Support for mental/substance use disorders</p> <p>National Human Trafficking Hotline (Available 24/7; Free; Confidential) Call: 1-888-373-7888; TTY: Dial 711 to access Hotline using TTY Email: help@humantraffickinghotline.org Text: 233733 Chat: Hotline Web Chat</p>



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Local /State (Cont.)	National (Cont.)
	<p>National Dating Abuse Hotline (Available 24/7; Free; Confidential) Call: 1-866-331-9474 Text: LOVEIS (22522) Chat: Button on bottom of page</p>
	<p>National Runaway Safeline (Available 24/7; Confidential) Call: 1-800-RUNAWAY Chat Email Forum *Has resources for youth, concerned adults, service providers, and prevention/education.</p>
	<p>National Center for Missing & Exploited Children (Available 24/7) Call: 1-800-THE-LOST (1-800-843-5678) Cyber Tipline *Resources, support, education around various topics related to missing and exploited children.</p>

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MDHHS Community Mental Health Services Programs

- [Statewide List](#)

MDHHS Health & Wellness

- [Health & Wellness Resources](#)

MDHHS Hotline Numbers

- [Helpful numbers to connect with MDHHS Services](#)

MDHHS Stay Well/Mental Health Resources

- [Online discussion groups, help line, teen resources, webinars, and more](#)

Oakland Community Health Network (OCHN)

- [Offers crisis and non-crisis services](#)
- [MyStrength \(for 13+ yr olds\), Sober Support Unit, The RISE Center resources](#)

Oakland County Youth Suicide Prevention Toolkit & Resources

- [Website Resources](#)
- [Toolkit](#)

mParks Virtual Play & Wellness Network

- [Physical activity, nutrition, education, mindfulness, basic needs, COVID-19 resources](#)

Oakland Cares

- [Mental Health Resources](#)



Michigan Resources for Grieving Families (Grief/Loss/Bereavement)

- [Statewide Resources](#)

The Michigan School of Psychological Clinic

- [Low-Cost Mental Health Care/ABA Services \(Clinical Doctoral Clinic\)](#)

Employee Assistant Programs (EAP)

- Check with your district/employer to see if EAP benefits are offered

Health Insurance Providers

- Check with your health insurance provider (call member services) to see about covered mental health/behavioral services and/or in-network providers.

Trans Lifeline

- [Information/resources for wellness, support, health, and legal, etc.](#)

LGBTQ Family Acceptance Project

- [Main website](#)
- [LGBTQ Youth & Family Resources](#)

Youth Assistance

- [Oakland County Program Supports](#)

Locate Mental Health Providers

- [Therapists, Online Therapy, Psychiatrists, Treatment Centers, & Support Groups](#)

Oakland County Community Resources

- [2021 Community Resource Manual](#)

Welcome Mat Detroit:

- [Newcomer Community Resources Database](#)

This list is not exhaustive or exclusive but a guide to assist individuals and organizations seeking mental health, wellness, and crisis resources.

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